



Grand Canyon Unearthed Packing List

Grand Canyon National Park provides tents, ground tarps, backpacks, sleeping bags, sleeping pads, cooking equipment, food, and snacks.

Keep in mind that your clothes will get dirty, don't bring something you'll be sad to lose or have broken.

- ☐ **Water bottles**– 2 non-disposable one liter water bottles (preferably with a loop of some kind.)
Camelbacks are not permitted. They frequently break in the canyon.
- ☐ **2 Carbineers** – To attach water bottles to the river boats
- ☐ **Duffle**– Pack all your stuff in here if you are not bringing your own backpacking backpack.
- ☐ **Small collapsible day pack** – For day hikes and daily use. School backpacks will work.
- ☐ **Hiking shoes** – Lightweight hiking boots or athletic shoes with good traction on dirt and rock. Make sure these are worn-in!
- ☐ **River Shoes** – Water shoes or sturdy sandals with a heel strap (Chacos and Keens are great)
- ☐ **Hat** – Sunhat with strap or Ball cap
- ☐ **Winter Hat** – A beanie
- ☐ **Rain Gear**– Rain jacket. Ponchos are not ideal.
- ☐ **Shirts** – Light in Color. 5 t-shirts, 2 long sleeves or light button-up tops to protect your skin from the sun. Dark colored clothing will not be permitted into the canyon. Cotton shirts are great for canyon hiking.
- ☐ **Hiking Pants** – 2 pair (NO JEANS for hiking- they will make you miserable)
- ☐ **Shorts** – 3 pairs
- ☐ **Socks**– 7 pairs
- ☐ **Underwear** – 9 pairs
- ☐ **Warm mid-layer** – 1 fleece jacket or similar layer to wear at night
- ☐ **Pajamas** – warm fleece pants recommended.
- ☐ **Swimsuit** –At least one. No bikinis – Sports bra and board shorts or running shorts.
- ☐ **Bandana** – 1
- ☐ **Sarong** – 1 one of the most useful things you can bring. Great for guys and girls: can be used to protect yourself from the sun; can be gotten wet to stay cool; used as a blanket at night when its hot; and way more.
- ☐ **Towel** – for showering on the rim.
- ☐ **Sunglasses** – 1-2 pairs
- ☐ **Eyeglasses** (if you wear them)/contact lenses, bring extra set of glasses even if you wear contacts.
- ☐ **Eyewear Retainer** – (1 Chums or Croakies) a must for glasses wearers.
- ☐ **Toiletries**– toothbrush, toothpaste, floss, lotion (optional), small containers of biodegradable soap & shampoo (Dr. Bronner's is great), feminine hygiene supplies (girls: please pack these regardless)
- ☐ **Medication** – Bring 4 weeks' worth. Make sure you filled out details on your medical form.
- ☐ **Sunscreen** – At least 30 SPF and Waterproof. This is a must.
- ☐ **Lip Balm** – 1
- ☐ **Flashlight or headlamp** – 1 Headlamps are preferable. We can provide some of you with headlamps.
- ☐ **Money for showers** - \$2.00 **Any additional money for souvenirs**

Optional Gear (this gear will be provided and does not need to be purchased)

- ☐ **Backpacking backpack** – 40-60 Liter fitted pack. We will provide packs for every individual. If you already have a backpacking pack you've taken backpacking overnight before than you're welcome to bring it.
- ☐ **Water proof Disposable/ Digital Camera** – Group camera will be available for use.
- ☐ **Trekking Poles**

Please Leave These Items at Home:

- Candy and snacks. (Leaving candy or snacks in your packs invites ravens, mice and critters to chew through your pack!)

- Tablets, cellphones, gaming devices, mp3s. (These things are okay for traveling to/ from here but will not be permitted during the program. We will collect them for the duration of the program.)